ABSTRACT OF THE DISCLOSURE.

A head and neck garment comprises a head covering (or hood) member, a neck member including a body having two ends, a zipper attached to the body near the ends, thereby forming two flaps which are positioned beneath the zipper. The zipper is not as long as the ends, and the remainder of the ends are stitched together. The zipper is attached to the neck member body at an angle that is about 45 degrees, such that when the zipper is moved into a closed position, the garment enables the wearer to warm their neck, and when the wearer wants to cool down, the zipper is moved into an open position, the ends are separated and remain open, exposing an area of the wearer and enabling the exposed area to be cooled down without interference from the garment. The garment is particularly suited for outdoor activities such as skiing.